



# Scabies

Scabies is a skin infection caused by tiny bugs called mites. It is a highly contagious infection. It often spreads from person to person while they are sleeping together in the same bed or have close personal contact, such as sex. The mites burrow into the skin. Then they lay eggs that hatch a few days later. They like to live in warm moist areas of the body such as between the fingers and toes, skin folds, under the breasts, genital areas, the waist, and armpits. Scabies can infect people of all ages. Children and young adults are most likely to get scabies.

## Signs and symptoms

It may take 4–6 weeks for symptoms to appear after coming in contact with an infected person. The mites cause intense itching, especially at night, and there is usually a rash with small pimples or red bumps. There may also be crusty skin.

## Testing



Your doctor may take tiny scrapings of skin and look for the mites under a microscope.

## Treatment

Special lotions containing lindane will kill the mites and their eggs. Follow directions carefully. Pregnant women, children under age 2, and people with sores or cuts on the skin must not use lindane products. Talk to your doctor about treatments that are safe for you. You may have to be treated more than once. The itching may continue for 2–3 weeks after treatment.

Anyone in close contact with an infected person in the last month must also be tested and treated. You will get scabies again unless everyone is treated.







Wash bedding, towels, and clothing in hot water and dry them in a hot dryer. This will kill any mites that may be on them. Dry cleaning will also kill mites. Items that cannot be washed or dry cleaned can be wrapped in a plastic bag and sealed for 3–4 weeks.

### **Learn more about scabies**

If you have questions or need more information, contact your doctor, local health department, or community clinic, or call the National STD Hotline at **1-800-227-8922**.



---

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 1-800-833-6388).



**Dear Colleague,**

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

**Sincerely,**

**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Scabies** (card)

**Size:**    3.66 x 8.5"

**Paper stock:**    Cougar 65# cover, white, smooth

**Ink color:**    PMS 1805

**Special instructions:**    2-sided printing

**DOH Pub #:**    347-024